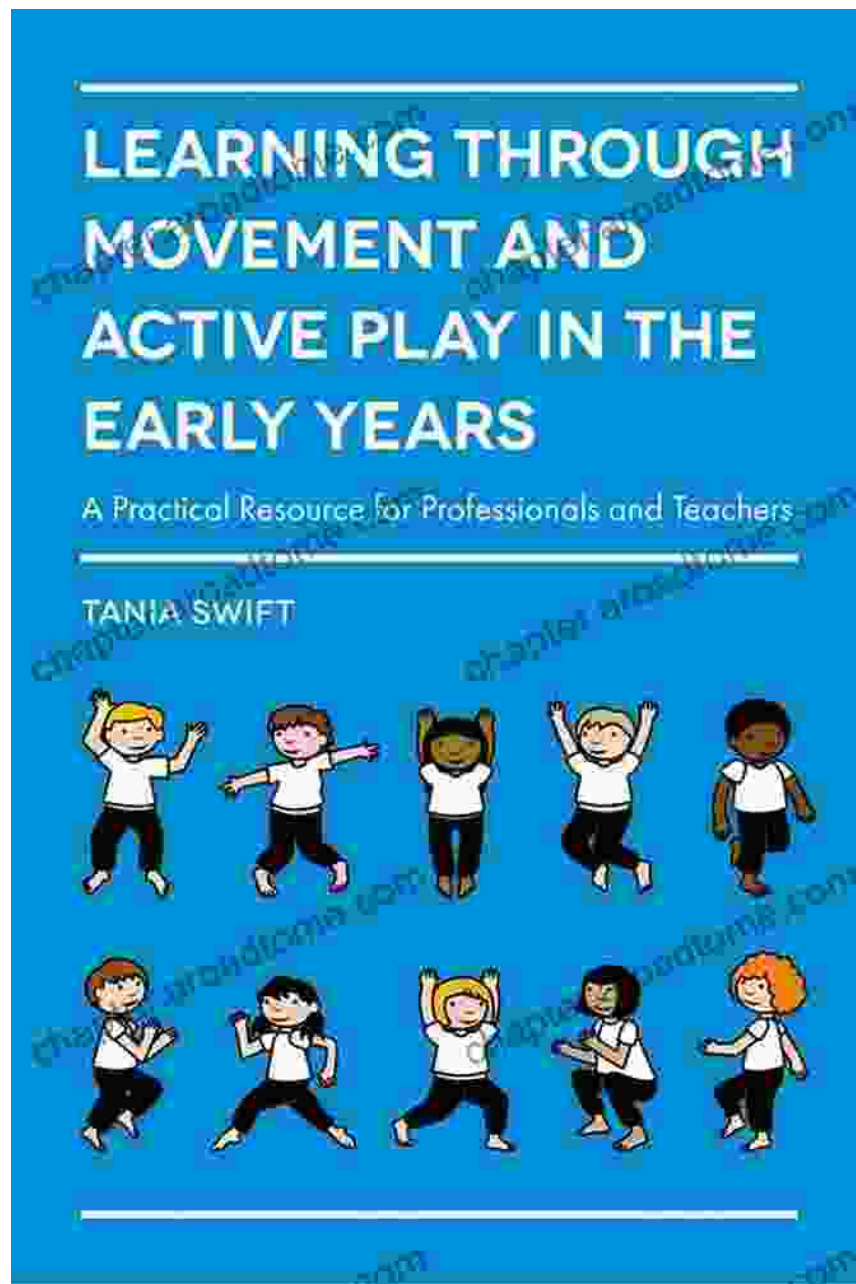


Movement and Early Learning: Early Years



Physical activity is not just a way to keep children entertained; it is an essential component of early learning.

Well Balanced Child: Movement and Early Learning (Early Years) by Sally Goddard Blythe



★★★★☆ 4.7 out of 5
Language : English
File size : 6142 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 313 pages



Movement plays a vital role in cognitive development, brain development, social-emotional learning, and the development of gross and fine motor skills. When children move, they are not only getting exercise; they are also learning.

The book 'Movement and Early Learning: Early Years' provides a comprehensive overview of the role of movement in early childhood education. This in-depth guide explores the benefits of movement, offers practical tips for incorporating movement into daily learning routines, and provides a wealth of resources to help you create a movement-rich environment for your young learners.

The Benefits of Movement in Early Learning

There is a growing body of research that supports the benefits of movement in early learning. Movement has been shown to improve:

- Cognitive skills, such as attention, memory, and problem-solving
- Brain development, by increasing the production of neurotransmitters that are essential for learning and memory

- Social-emotional skills, such as cooperation, communication, and self-regulation
- Gross motor skills, such as running, jumping, and climbing
- Fine motor skills, such as writing, drawing, and cutting

In addition to these benefits, movement can also help children to stay healthy and active, reduce stress, and improve sleep.

Incorporating Movement into Daily Learning Routines

There are many ways to incorporate movement into daily learning routines. Here are a few ideas:

- Take brain breaks throughout the day. Every 20-30 minutes, get up and move around for a few minutes. This will help to improve attention and focus.
- Use movement to teach academic concepts. For example, you can use jumping to teach counting, or you can use crawling to teach letter recognition.
- Provide opportunities for free play. Free play is a great way for children to explore their environment and move in their own way.
- Make movement part of your daily routine. Walk or bike to school, or take a walk around the block after dinner.

Resources for Creating a Movement-Rich Environment

There are many resources available to help you create a movement-rich environment for your young learners. Here are a few:

- The book 'Movement and Early Learning: Early Years' is a comprehensive guide to the role of movement in early childhood education.
- The website of the National Association for the Education of Young Children (NAEYC) has a wealth of resources on movement and early learning.
- The website of the American Academy of Pediatrics (AAP) has information on the importance of physical activity for children.

Movement is an essential component of early learning. When children move, they are not only getting exercise; they are also learning. By incorporating movement into daily learning routines, you can help your young learners to reach their full potential.

Free Download your copy of 'Movement and Early Learning: Early Years' today and start unlocking the power of movement in your early learning program.



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